

**Blue-Gold**Schedule

M-TH	5:00-7:00 p.m.	Swim	
M/W or T/TH	5:00-5:30 p.m.	Dryland Circuit	Dryland: May will be on M/W, June will be on T/TH
T/TH or M/W/F	7:00-9:00 a.m.	Swim	
Saturday	7:00-9:00 a.m.	Swim	

WeekMorning Practices

20-Apr	None
27-Apr	None
4-May	None
18-May	None
25-May	None
1-Jun	T
8-Jun	T,TH
15-Jun	T,TH
22-Jun	M,W,F
29-Jun	M,W,F
6-Jul	T,TH
13-Jul	T
20-Jul	None
27-Jul	None
3-Aug	None

**Blue-Silver**Schedule

M-TH	5:00-7:00 p.m.	Swim	
M/W or T/TH	5:00-5:30 p.m.	Dryland Circuit	Dryland: May will be on M/W, June will be on T/TH
Saturday	7:00-9:00 a.m.	Swim	

No morning workouts

**Senior-Gold**Schedule

M-F	7:00-9:00 a.m.	Swim
M,T,TH	2:30-3:30 p.m.	Weights/Dryland
M,T,TH	3:30-5:30 p.m.	Swim
W	3:30-5:30 p.m.	Swim-No weights
Saturday	7:00-9:00 a.m.	

WeekMorning Practices

20-Apr	M,T,TH weights
27-Apr	M,T,TH weights
4-May	M,T,TH weights
18-May	M,T,TH weights
25-May	2 times a week
1-Jun	3 times a week
8-Jun	3 times a week
15-Jun	3 times a week
22-Jun	3 times a week
29-Jun	3 times a week
6-Jul	2 times a week
13-Jul	1 time a week
20-Jul	none
27-Jul	none
3-Aug	none

**Senior-Silver**Schedule

M-F	7:00-9:00 a.m.	Swim
M,T,TH	2:30-3:30 p.m.	Weights/Dryland
M,T,TH	3:30-5:30 p.m.	Swim
W	3:30-5:30 p.m.	Swim-No weights
Saturday	7:00-9:00 a.m.	

WeekMorning Practices

20-Apr	M,T,TH weights
27-Apr	M,T,TH weights
4-May	M,T,TH weights
18-May	M,T,TH weights
25-May	1 times a week
1-Jun	2 times a week
8-Jun	2 times a week
15-Jun	2 times a week
22-Jun	2 times a week
29-Jun	2 times a week
6-Jul	1 times a week
13-Jul	1 times a week
20-Jul	none
27-Jul	none
3-Aug	none